

Frederick County Senior Services offers a variety of programs to help you maintain wellness and independence. These programs are currently offered virtually through the Virtual 50+ Community Center.

Connecting with Others: film club, book clubs, knitting group, discussion groups

Being Creative: crafts, drawing, ukulele, cooking

Staying Healthy: nutrition presentations, health and wellness programs

Resources: Be Informed: MAP, Caregiver, Medicare and more

Expanding Your Horizons: speakers, history programs, workshops

Enriching Your Life \$: special programs/presentations

Virtual Field Trips \$: museums in other places

Staying Fit \$: exercise classes including strength training, yoga, Zumba, line dance

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Greetings!

It is hard to believe it has been a year since senior centers closed in response to the COVID19 event. At this time, we do not know when we will be able to reopen senior centers safely. We are thankful to have such talented senior center staff from all four of our senior centers, who implement a robust Virtual 50+ Center.

We are pleased to introduce the Spring Quarter schedule. I hope you enjoy the varied programs and activities. Although there is a reasonable fee for our fitness classes, many of our other activities and classes remain free. Please take advantage of these social, recreation, and education opportunities.

If you have a particular interest or suggestion for a program, please do not hesitate to email us at

VirtualSeniorCenter@frederickcountymd.gov

We are looking forward to seeing you online this spring!

Kitty Devilbiss
 Director, Home & Community Connections
 Frederick County Senior Services Division

Connecting with Others

free programs, registration is required (see page 9)

Registration is for the quarter (April-June) so there is no need to register each month.

Film Club

Do you like movies? Watch the film and join the discussion.

Date/Time: Mondays, 12:30 p.m.

Monthly Themes: See monthly calendar for names of films

April: *Art Thieves*; May: *Thinking About Moms*; June: *Gone Abroad*



TED Talk

Watch a short video (link to videos emailed weekly) and join the discussion.

Date/Time: Tuesdays, 11:00 a.m.



Knit/Crochet Group

This is a time to socialize while working on your projects.

Date/Time: Thursdays, 10:30 a.m.



The Bookshelf Book Club

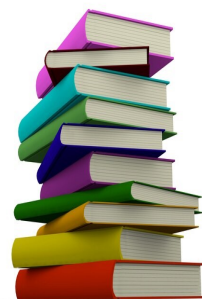
Read the book for the month and join the discussion.

Date/Time: 1st Monday, 2:30 p.m.

April 5: *The Book of Lost Friends* by Lisa Wingate

May 3: *The Four Winds* by Kristin Hannah

June 7: *The Dressmaker's Gift* by Fiona Valpy



Good Stories Book Club

Read the book for the month and join the discussion.

Date/Time: 2nd Thursday, 2:30 p.m.

April 8: *His Only Wife* by Peace Adzo Medie

May 13: *The Guest List* by Lucy Foley

June 10: *When We Were Vikings* by Andrew MacDonald



The Science Hour

This is a low-key program with simple experiments, trivia, and discussion.

Date/Time: 4th Tuesday, 7:00 p.m.

Topics: April: *Space Pollution*; May: *Tornados*; June: *Soft Drinks*



Good News Only!

This discussion centers on incorporating positivity into your daily life.

Date/Time: 1st Wednesday, 12:30 p.m.

Fun & Games

Join us for some lively fun and non-competitive games

Date/Time: 1st & 3rd Tuesdays, 7:00 p.m.



Coffee & Conversation with Cathy

Enjoy gathering with friends while sipping a cup of your favorite beverage.

Date/Time: 1st Thursday, 2:30 p.m.

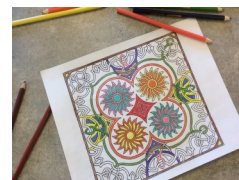


Coloring & Conversation with Linda

Spend the afternoon coloring and enjoying conversation.

You will need to supply your own coloring book and pencils.

Date/Time: 2nd Wednesday, 3:00 p.m.



Being Creative

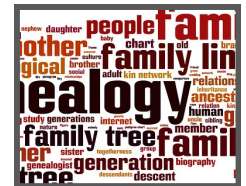
free programs, registration is required (see page 9)

Registration is for the quarter (April-June) so there is no need to register each month

Writing Family History II

This class is for participants who took Writing Family History during the winter quarter (or new participants who are comfortable with the writing process and have permission from the instructor). Writing prompts are provided and participants will be asked to read periodically in the group setting. *Led by Dara*
(For new participants, Writing Family History I will be offered this summer.)

Date/Time: Wednesdays, 10:30 a.m.



Drawing Class

Each week there will be a drawing prompt with step-by-step instruction.

This class is for all skill levels. *Led by high school students, Amanda and Gigi*

Date/Time: Tuesdays, 2:30 p.m.



Kitchen Kapers

Live from their personal kitchens, staff members share some favorite recipes.

Waffles & Smoothie with *Caitlyn*; Monday, April 12, 11:00 a.m.

Coleslaw Crunch & Banana Bread with *Cathy*; Wed., May 26, 1:30 p.m.

Picnic Lunch (full picnic menu) with *the staff*; Friday, June 25, 1:00 p.m.



Ukulele Jam Session

Each month be introduced to a new song! During the monthly class, instruction will be offered for soprano, concert, and tenor ukuleles.

Led by high school student, Amanda

Date/Time: 2nd Thursday, 3:00 p.m.



Six Word Stories

Legend says that Ernest Hemingway was challenged to write a story in only six words. His response? "For sale: baby shoes, never worn."

Can you tell a story in just six words? *Led by Susan*

Date/Time: 2nd Tuesday, 7:00 p.m.



Craft & Conversation

Make a craft while socializing with friends. A supply list for each craft will be emailed to you once we have received your registration.

Tote/Craft Box with *Linda*; Friday, April 9, 11:00 a.m.

Sharpie Painted Mug with *Caitlyn*; Wednesday, April 21, 1:30 p.m.

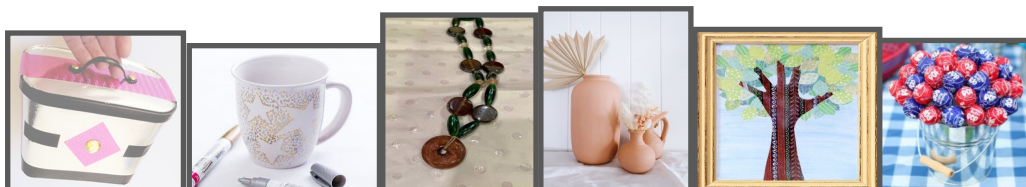
Beaded Glass Necklace with *Dara*; Friday, April 30, 11:00 a.m.

All materials will be provided. Information on how to pick up your materials kit for the class will be emailed to all registered participants.

Upcycle Vase with *Caitlyn*; Wednesday, May 12, 1:30 p.m.

Hand Tree with *Cathy*; Wednesday, June 16, 1:30 p.m.

Patriotic Lollipop Centerpiece with *Caitlyn*; Monday, June 28, 11:00 a.m.



Staying Healthy

Free programs, registration is required for each program (see page 9)

Emotional Health in the Time of COVID

Join us for a discussion on managing mood and emotions during this time of isolation.

Led by Fred A. Balias, Jr., LCSW-C, BCD, Therapist, Frederick County Health Department

Date/Time: Tuesday, April 20, 1:15 p.m.

Nutrition with Giant®

The Giant Food team of registered and licensed dietitians will offers presentations on ways you can make the best shopping choices for your health and well-being.

The Sustainable Diet

Learn how the food we eat affects our health and the planet. We'll review how the "HowGood" rating system and smartphone apps can help you fill your shopping cart and your meal plan in a way that's more sustainable. We'll also touch base on ways to reduce food waste.

Date/Time: Wednesday, April 14, 9:00 a.m.

Mood Boosting Foods

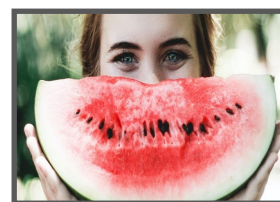
Did you know certain foods can boost those feel good hormones? Let us help you make a grocery list that will lighten your spirits and improve your long term health and wellness.

Date/Time: Wednesday, May 12, 9:00 a.m.

Swaportunities: Simple Tricks to Healthier Eating

Sometimes a simple swap can make all the difference! Learn how to make small changes in your shopping and cooking habits to improve meals and snacks.

Date/Time: Wednesday, June 9, 9:00 a.m.



The U.S. Bone and Joint Initiative

United States Bone and Joint Initiative (USBJI) works to improve prevention of bone and joint disorders, and the quality of life for those affected by these disorders.

Experts in Arthritis

Experts in Arthritis provides guidance to people with arthritis and those who care about them. Learn practical strategies to take control and manage your arthritis. Learn the role nutrition and exercise has in disease management. You have a role in how your arthritis is managed!

Presenter: Linda Kuserk, PT, DPT, FYZICAL Therapy & Balance Center

Date/Time: Wednesday, April 21, 9:00 a.m.

Fit to a T

Fit to a T helps people understanding why bones break suddenly and apparently without warning, and how to prevent such events that can cause people to lose their independence. Learn about bone health, as well as the prevention, early detection, diagnosis, and treatment of osteoporosis. Assess your living environment and fracture risk, and learn the basics of lifelong bone health.

Presenter: Linda Kuserk, PT, DPT, FYZICAL Therapy & Balance Center

Date/Time: Wednesday, May 19, 9:00 a.m.



Resources: Be Informed

Free programs, registration is required for each program (see page 9)

Scams and Fraud (including COVID scams)

Common scams include social security scams, phone scams, internet scams, and fake check scams. Learn ways you can protect yourself from becoming an unsuspecting victim. Through the many facets of your digital profile you are a giant target for those who seek to profit from you through acquiring your personal identifying information, financial assets, or both. Taking common sense steps can help frustrate the efforts of digital pickpockets. These presentations are offered through the State's Attorney's Office, Frederick County, MD.

Date/Time: Monday, June 7, 10:30-11:30 a.m.

Presenter: Tim Gilbert, Assistant State's Attorney in the Economic Crimes Unit

Date/Time: Wednesday, June 16, 9:00-10:00 a.m.

Presenter: Jason Shoemaker, Chief of Economic Crimes Unit

Date/Time: Tuesday, June 22, 3:30-4:30 p.m.

Presenter: Charlie Smith, State's Attorney



The Resource and Service Navigation team, part of the Frederick County Senior Services Division, develops and administers programs and activities that support older adults and adults with disabilities. This team includes Caregiver Support, Maryland Access Point (MAP), and the State Health Insurance Program (SHIP).

Caregiver Support Program

The National Family Caregiver Support Program provides support programs to meet the needs of caregivers. You do not have to be a caregiver to attend these virtual programs.

Sandwich Generation

Defined as caregivers who are caring for their aging parents as well as raising their own children, the sandwich generation faces many unique challenges. This presentation will look at who these caregivers are, what issues they face, and what supports are available.

Date/Time: Monday, April 26, 11:00 a.m.-Noon

Mental Health and Caregiving

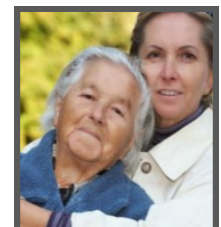
There is no denying that caregiving can affect our mental health and wellbeing. However, with awareness, the right tools, and proper supports, caregiving can be a positive and rewarding experience. Join us as we explore the impacts of caregiving and ways to turn this experience into one of personal growth.

Date/Time: Wednesday, May 19, 1:30-2:30 p.m.

Amazing Power of Music

Join us for an overview of our Music and Memory® Program. Learn how the power of personalized music can affect those with physical and cognitive difficulties. Music can be used to help engage, communicate, and reconnect with loved ones.

Date/Time: Thursday, June 3, 2:30-3:30 p.m.



Resources: Be Informed

Free programs, registration is required for each program (see page 9)

The Resource and Service Navigation team, part of the Frederick County Senior Services Division, develops and administers programs and activities that support older adults and adults with disabilities. This team includes Caregiver Support, Maryland Access Point (MAP), and the State Health Insurance Program (SHIP).

Maryland Access Point (MAP)

MAP opens pathways to services in the community for anyone ages 55 and older or anyone age 18 and older with a disability. MAP assists residents to obtain services to remain independent in the community.

Accessing Care

Join staff from MAP, Adult Evaluation and Referral Services (AERS), and Senior Care to learn how to gain in-depth knowledge of your medical and psychosocial needs. Learn about available resources and services that may help you avoid or delay unnecessary out-of-home care.

Date/Time: Thursday, April 15, 2:30-3:30 p.m.

Hospice Programs

Join staff from Hospice to learn about the supportive services they offer: managing symptoms, grief & loss support, complementary therapy, spiritual care, and various levels of care.

Date/Time: Wednesday, May 5, 10:00-11:00 a.m.

Energy Assistance

Join us as the Maryland Energy Assistance Program staff provides an overview of its program including assistance provided, how to apply, and eligibility requirements.

Date/Time: Monday, June 14, 10:00-11:00 a.m.

State Health Insurance Program (SHIP)

Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights.

New to Medicare Workshop

Are you new to Medicare, or will be soon? Join us for an overview of Medicare. These are two-hour workshops.

Date/Time: Saturday, April 10, 10:00 a.m.-Noon

Date/Time: Monday, May 17, 9:00-11:00 a.m.

Date/Time: Thursday, June 17, 2:30-4:30 p.m.

Medicare Minutes

Learn updates about Medicare and Medicare related subsidy programs, followed by a time for questions and answers.

Date/Time: Monday, April 19, 11:00-Noon

Date/Time: Wednesday, June 9, 1:30-2:30 p.m.



Expanding Your Horizons

Free programs, registration is required for each program (see page 9)

National Park Service Programs

Since 1916, the National Park Service has been entrusted with the care of our national parks. With the help of volunteers and partners, they safeguard these special places and share their stories.



Grand Canyon National Park: The Land that Shapes Us

During this virtual program: explore the land use at Grand Canyon National Park; investigate the historic relationship between the National Park Service and Grand Canyon's 11 traditionally associated tribes; consider how the past influences the present; and learn how to affect positive change for this national treasure.

Presenter: Park Rangers, Grand Canyon National Park

Date/Time: Friday, April 9, 2:30-3:15 p.m.



Everglades National Park

Join us for an overview of the Everglades during this virtual program. We will visit many different habitats in the park from the Hardwood Hammocks to the Sawgrass Prairies. Our program will highlight many of the different features, wildlife, and restoration efforts being done in this national park.

Presenter: Park Rangers, Everglades National Park

Date/Time: Thursday, April 22, 2:30-3:30 p.m.



Pearl Harbor National Memorial

Please join us on a virtual tour of Pearl Harbor National Memorial. A park ranger will discuss the events leading up to World War II and the events of December 7, 1941, "A Date Which Will Live in Infamy." The program will include guided discussion, a museum tour, and time for questions and answers.

Presenter: Park Rangers, Pearl Harbor National Memorial

Date/Time: Tuesday, June 29, 4:00-5:00 p.m.



Maryland Food History

Maryland's long history, diverse inhabitants, and varied landscapes have crafted a delicious cornucopia of foods and culinary traditions. In this lively and engaging program, explore the tastes of Maryland, both familiar and unique, from the Appalachians of western Maryland to the Chesapeake Bay's Eastern Shore. Dive into the history of familiar favorites like Old Bay, Smith Island cake, and Natty Boh beer and uncover more unusual food items like shad roe, ramps, and muskrat. Discover how Marylanders, both indigenous and immigrant, historic and recent, have evolved the enticing foodways of the "Land of Pleasant Living".

Offered in partnership with ILR at FCC. This program is underwritten through a bequest from the Shirley Cruickshank Wolfe Fund.

Presenter: Professor Christine Rai, Frederick Community College.

Date/Time: Tuesday, June 8 & Tuesday, June 15, 10:00-11:00 a.m.
(this is a two week program)



Expanding Your Horizons

Free programs, registration is required for each program (see page 9)

My African Travels

Often referred to as the "Mother Land", Africa is a complex and colorful historical and cultural mosaic that we'll explore in this five-part series. The first week will be an overview of this diverse continent of more than 50 countries and 1500 languages; their similarities and their differences, the stereotypes and the realities. During the next four weeks, we'll head to North Africa and Tunisia, seat of the "Arab Spring"; experience "Africa Light" in Sub-Saharan Ghana; visit Ethiopia, land of myths and legends on the eastern Horn of Africa; and go beyond genocide in the central African, "Lake District" nation of Rwanda.

Presenter: Paulette Lee, holds a Master's in International Service from American University, Washington, D.C. She has lived, worked, and traveled in Africa.

Date/Time: Mondays, starting April 12 (5 week program), 10:00 a.m.



Shipwrecks of the Chesapeake Bay

Find yourself awash in the exciting stories and histories of shipwrecks in the Chesapeake Bay. If you look out at the Chesapeake Bay today, you can watch as the surface of the inlet of sea teems with life from active vessels. What lies beneath the surface is harder to see: the remains of over 1,000 once-seaworthy boats and ships strewn about the bottom. Studying shipwrecks gives a unique insight into how people once lived, worked, and conducted daily commerce on the Chesapeake.

Presenter: John Jewitt, Manager, Social Science and History Department, Enoch Pratt Free Library

Date/Time: Friday, June 11, 1:00 p.m.

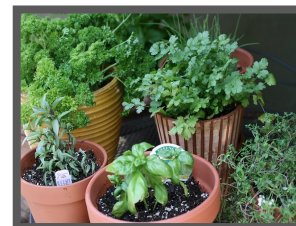


Garden Spaces

Want to garden but think your space is too small? Attend this garden planning presentation and be ready to grow flowers, vegetables, and herbs. Small spaces for home or apartment can be productive with little effort and little expenditure. Gardening can be easy. This presentation is a discussion and demonstration. Participants will not be planting during the program.

Presenter: Tiger Waddell, Master Gardener

Date/Time: Monday, May 24, 10:00 a.m.



The Language of Flowers

This presentation on the language of flowers traces the history the use of flowers as well as herbs and other plants to communicate. We'll play with a selected list of flower and plant meanings to create messages. Learn how to make the traditional "tussie-mussie" (bouquet) which has been used for centuries to express private thoughts or secret messages and emotions. This presentation is a discussion and demonstration. Participants will not be making the bouquets.

Presenter: Mary Costello, Master Gardener

Date/Time: Thursday, June 17, 2:30 p.m.



Registration information for FREE Programs

Registration must be received at least two business days before program.

How to register for our “Free Programs”

Please send an email to VirtualSeniorCenter@FrederickCountyMD.gov

Be sure to include:

- Your Name
- Email Address
- Phone Number
- Names & Dates of Classes and Programs You Want to Take

Confirmation

Once we receive your email registration, we will email you more details about the programs including how to access them.

Participant Information Form

If you have never participated in a program at the Frederick County Senior Centers or with the Virtual 50+ Center, you will need to complete a Participant Information Form. You may complete the form online. This is a requirement to attend the virtual programs.

www.frederickcountymd.gov/FormCenter/Department-of-Aging-10/Participant-Information-Form-53



Zoom

These live virtual programs/classes are taught using Zoom.

If you need information on accessing Zoom please email us:

VirtualSeniorCenter@FrederickCountyMD.gov

Please ask for help at least two business days prior to the program.

We will not be able to provide technical assistance during the programs.

Accessing the Virtual Programs by Phone

If you do not have internet access, you may still access some of our programs using your phone. Please call 301-600-1234 for details.

Donations in Support of these Free Programs

If you would like to make a monetary donation to support these free programs please, visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Once on the website, click on “Virtual 50+ Programs”

located in the “Category” box on the left hand side of the webpage.

You will then see the “Donating to the Virtual Center” button.

Click on the button on the website and add the dollar amount of your donation to your shopping cart.

**Donating to the
Virtual Center**

\$ Enriching Your Life \$

There is a registration fee for these programs (see pages 12-13)

Lilly Stone: A Daring Woman

Lilly Stone is a story of country life and manners near the nation's capital in the late 1800s, and a daring woman's life. Lilly Stone was born during the Civil War, and she died during the Cold War. In 1924, at the age of 63, Mrs. Stone founded and operated Stoneyhurst, a quarry for colorful stone used in part of the National Cathedral, National Zoo, and hundreds of other buildings.

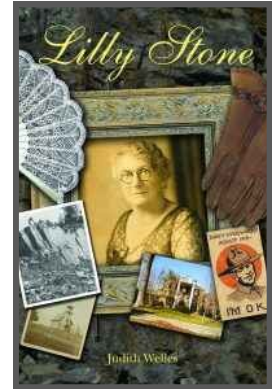
Learn about the divided loyalties of residents living close to the Potomac River during the Civil War. Using letters from Lilly's son, hear first-hand details of World War I. Discover how World War II brought German POWs to work at her quarry.

Offered through the Montgomery County Historical Society Speakers Bureau. *Presenter: Judith Welles, author of Lilly Stone*

Date/Time: Tuesday, April 13, 4:00-5:00 p.m.

Registration closes Wednesday, April 7

Cost: \$5.00 per person



Aspin Hill Pet Cemetery:

100 Years of Pets, People and the Stories Behind the Stones

Aspin Hill Pet Cemetery, established in 1920, is more than simply a place where people put their pets to rest. It's a place that reflects the life and times of the Washington region. There are famous pets, owned by or connected to movers and shakers of the twentieth century:

presidents and their advisors, ambassadors, and a certain head of the FBI. There are also thousands of pets and owners who may be less influential than a president or a senator, but whose stories are equally fascinating. In this presentation, Julianne Mangin shares not only the history of the cemetery and those who ran it, but entertaining stories gleaned from newspapers, photographs, land records, and the inscriptions on the grave stones found at the cemetery.

Offered through the Montgomery County Historical Society Speakers Bureau. *Presenter: Julianne Mangin*

Date/Time: Thursday, May 20, 3:00-4:00 p.m.

Registration closes Monday, May 17

Cost: \$5.00 per person



Should you take a DNA test to discover your ethnic origin?

DNA testing is the new rage. This talk provides an overview of the kind of tests available, where you can get them, and what you should know before signing up.

Offered through the Montgomery County Historical Society Speakers Bureau. *Presenter: Lorraine Minor*

Date/Time: Wednesday, June 2, 9:30 a.m.

Registration closes Friday, May 28

Cost: \$5.00 per person



\$ Enriching Your Life \$

There is a registration fee for these programs (see pages 12-13)

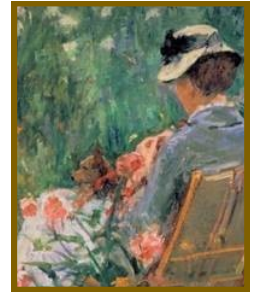
Art Appreciation: Women Impressionists

Berthe Morisot, Mary Cassatt, Eva Gonzalès and Marie Bracquemond were all members of the Impressionist circle. These four women, influenced by the French milieu, exhibited works that were as innovative as those of their male counterparts. Explore their lives and the influence of society on women painters during this period. *Presenter: Jeanne McDermott holds a Master's in Art Education, and has worked as an art teacher for many years for FCPS, FCC and the senior center.*

Date/Time: Saturdays, June 12 & 19, 10:15-11:15 a.m. (two-week program)

Registration closes Monday, June 7

Cost: \$10.00 per person



\$ Virtual Field Trips \$

There is a registration fee for these programs (see pages 12-13)

Newark Museum of Art

The Newark Museum of Art, in Newark, New Jersey is the state's largest museum. Get to know The Newark Museum of Art on this virtual "sampler" tour featuring museum highlights from its wide-ranging collections. Its collections include American art, decorative arts, contemporary art, and arts of Asia, Africa, the Americas, and the ancient world. Its extensive collections of American art include works by Hiram Powers, Thomas Cole, John Singer Sargent, Albert Bierstadt, Frederick Church, Childe Hassam, Mary Cassatt, Edward Hopper, Georgia O'Keeffe, Joseph Stella, Tony Smith and Frank Stella.

Explore the Ballantine House, built in 1885 for Jeannette and John Holme Ballantine of the celebrated Newark beer-brewing family. This brick and limestone mansion originally had 27 rooms, including eight bedrooms and three bathrooms. Part of The Newark Museum of Art since 1937, the house was designated a National Historic Landmark in 1985.

Date/Time: Friday, April 23, 1:00 p.m.

Registration closes Monday, April 19

Cost: \$5.00 per person



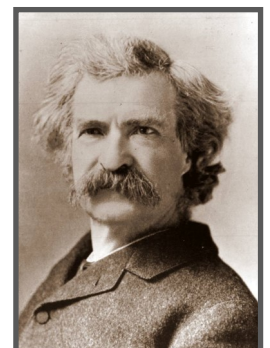
The Mark Twain House & Museum

This virtual program, offered through the Mark Twain House & Museum, Hartford, Connecticut, explores Mark Twain's experience with and relationship to travel, including its effect on his social views. From mining towns in Nevada and California to dispatches sent from Hawaii and the Holy Land, Twain built a solid career as a journalist and travel writer before achieving success as a fiction writer, but he never left travel behind. Themes of travel, mobility, and cultural contact pervade his fiction, and its success was driven by Twain's repeated national and global speaking tours.

Date/Time: Friday, May 14, 1:00 p.m.

Registration closes Monday, May 10

Cost: \$10.00 per person



How to Register for Programs with a Fee & Virtual Field Trips

Registration must be received by the “Registration closes” date. Space is limited.
Payment must be included with registration (credit card or check). Payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd.gov.3dcartstores.com>

Once on the website, click on “Virtual 50+ Programs”
located in the “Category” box on the left hand side of the webpage.
You will see the “Virtual Classes” and “Virtual Field Trips” buttons.
Click on the button on the website for the program you want and add the
program/trip to your shopping cart.

**Virtual
Classes**

**Virtual
Field Trips**

Check: Drop-Off

(due to the U delivery issues only mail check if absolutely necessary)

1. Make check payable to “Frederick County Treasurer”
2. Complete the Registration Form found on page 13.
3. Place the addressed envelope containing the *Check & Registration Form* in the lock box
at the Senior Services Division (box is located to the left of the handicapped entrance door)

Frederick County Senior Services Division
Attn: Virtual 50+Center
1440 Taney Avenue
Frederick, MD 21702

Participant Information Form

If you have never participated in a program at the Frederick County Senior Centers or with the
Virtual 50+ Center you will need to complete a Participant Information Form. You may complete
the form online. This is a requirement to attend the virtual programs.

www.frederickcountymd.gov/FormCenter/Department-of-Aging-10/Participant-Information-Form-53

Confirmation

Once we receive your registration, we will email you more details about the programs including
how to access them.



Zoom

These live virtual programs/classes are taught using Zoom.

If you need information on accessing Zoom please email us:

VirtualSeniorCenter@FrederickCountyMD.gov

Please ask for assistance at least two business days prior to the program.

We will not be able to provide technical assistance during the programs.

Authorization for use of Photographic Likeness

By submitting your registration you are agreeing to allow Frederick County Senior Services
Division and any of the virtual field trip destinations to take and utilize photos, slides, and video
images for the purpose of promotion and publicizing of the Division’s and the museums’
programs, facilities, and/or events.

Internet Connectivity

These are one-time programs. We will not be able to accommodate anyone who is experiencing
internet connectivity issues during the field trip; nor will we be able to issue a refund due to poor
connectivity.

Registration Form for Paying with a Check Programs with a Fee, Virtual Field Trips, Fitness Classes - Spring 2021

Drop-off or mail to: Frederick County Senior Services Division, Attn: Virtual 50+Center
1440 Taney Avenue, Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd.gov.3dcartstores.com>

Name _____ Phone _____

Email Address _____

Mailing Address _____

Programs with a Fee (see pages 10-11)	Date	Price	Total
Lilly Stone: A Daring Woman	Tuesday, April 13, 4:00 p.m.	\$5.00	
Aspin Hill Pet Cemetery	Thursday, May 20, 3:00 p.m.	\$5.00	
DNA Testing	Wednesday, June 2, 9:30 a.m.	\$5.00	
Art Appreciation: Women Impressionists	Saturday, June 12 & 19, 10:15 a.m.	\$10.00	
Virtual Field Trips (see pages 11)	Date	Price	
Newark Museum of Art	Friday, April 23, 1:00 p.m.	\$5.00	
Mark Twain House & Museum	Friday, May 14, 1:00 p.m.	\$10.00	
Fitness Classes (see pages 13-16)	Class Name/Day of Week	Price	
Single Fitness Class → (List class name/Day of week)		\$30.00	
All Access Fitness Pass	Daily, April-June	\$60.00	
Make checks payable to "Frederick County Treasurer"			

**§ Staying Fit: Exercise Classes Schedule and Descriptions §
Spring Quarter: April-June**

There is a registration fee for these programs (see pages 17-18)

Mondays

Line Dance (active), 1:30 p.m.

Improve your balance, get moving, and have fun! This class includes a review of the basic steps. *Led by Nanine Rhineland*

Floor Yoga (moderate), 2:45 p.m.

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures. Modifications are offered. *Led by Miyako Zeng*

Zumba Gold (active), 5:00 p.m.

Active cardio low impact dance moves and fun energizing music. *Led by Becca Kennedy*



Tuesdays

Strength & Stretch (gentle), 9:00 a.m.

Strength & Stretch (using weights - moderate), 9:00 a.m.

Join us for a strength training and gentle stretching class. *Led by Nanette Tummers*

Morning Flow Yoga (moderate), 10:30 a.m.

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting (on the floor) asanas (postures). *Led by Joana Bragg*

Zumba Gold (active), 1:30 p.m.

Active cardio low impact dance moves and fun energizing music. *Led by Mary Ellen Brady*



Wednesdays

Zumba Gold (active), 12:15 p.m.

Active cardio low impact dance moves and fun energizing music. *Led by Becca Kennedy*

Meditation and Movement (M&M) (gentle), 3:00 p.m.

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing. *Led by Cain Yentzer*

SPARK! (moderate), 4:30 p.m.

Strength training mixed with simple cardiovascular movement and stretching. Focus on how your body is designed to move. Functional fitness with the emphasis on fun! Using body weight and light hand held weights. Class is primarily standing and a chair for some activity. No floor up and down! *Led by Nanette Tummers*

Yoga Nidra (yogic sleep) (gentle), 7:00 p.m.

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Comfort is key. *Led by Joana Bragg*

**\$ Staying Fit: Exercise Classes Schedule and Descriptions \$
Spring Quarter: April-June**

There is a registration fee for these programs (see pages 17-18)

Exercise Classes Continued...

Thursdays

Joy of Movement (gentle), 9:00 a.m.

“Aging Backwards: Eccentrics for Seniors”® is a dynamic gentle full body movement that increases cardiovascular fitness, muscle strength, and joint mobility. Done seated and standing, with modifications, so it is safe and accessible for everyone *Led by Nanette Tummers, Eccentrics Aging Backwards Apprentice Instructor*

Gentle Yoga (gentle), 10:30 a.m.

Gentle Yoga is perfect for mature adults! The practice is slower paced, less intense, minimalistic, accessible by most bodies and easily adaptable to a chair. It addresses a variety of challenges we face as we age. Consistent practice may help with sore muscles, joint stiffness, stress, muscle tension, flexibility, mobility & balance. A variety of poses will be performed on the floor, standing and/or in a chair. *Led by Joana Bragg*

Line Dance (active), 1:00 p.m.

Improve your balance, get moving, and have fun! This class includes in-depth step instruction building on the previous weeks. *Led by Mary Anne Williams*

Fridays

Zumba Gold (active), 9:30 a.m.

Active cardio low impact dance moves and fun energizing music. *Led by Mary Ellen Brady*

Saturdays

Yin Yang Yoga (moderate), 10:30 a.m.

This class brings together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; working on the muscles and blood flow, building strength, stamina and flexibility. *Led by Joana Bragg*



Green = Gentle Fitness

Blue = Moderate Fitness

Red = Active Fitness

There is a fee for these virtual fitness classes.

Please see pages 17-18 for registration information.

More information about the instructors can be found on page 16.

**Exercise is a journey, not a destination. It must be continued for the rest of your life.
We do not stop exercising because we grow old; we grow old because we stop exercising.
-Kenneth H. Cooper**

Meet our Fitness Instructors

Becca Kennedy

Becca has been teaching Zumba for over 8 years, and she loves to teach Zumba Gold because she gets to dance with so many fun people! She also teaches Aqua Zumba and yoga, and she has her Group Fitness Instructor Certification from the Athletics and Fitness Association of America. Becca lives on a farm with her husband and her two young daughters. She also loves to sew and roller skate.

Cain Yentzer

Cain is an expert in the science and practice of Tai-Chi. He has spent decades trying to perfect and spread the art of Tai-Chi both in the West and Far-East. His greatest joy is seeing how Tai-Chi benefits his students' lives.

Joana Bragg

Joana is a registered yoga teacher, having completed 200 hour yoga teacher training, a mom, a wife and a volunteer. She teaches in a light-hearted style in settings suited for all abilities. Joana focuses on proper alignment, accessibility, and fun; offering modifications and use of props. Her classes are an adventure!

Mary Anne Williams

Mary Anne shares her joy in dancing in her weekly line dance classes. Her background as an elementary school teacher gives her the love of teaching and sharing.

Mary Ellen Brady

Mary Ellen is a Zumba Gold instructor and has been teaching fitness since retiring in 2016. Mary Ellen also teaches Zumba, Zumba Tone, Zumba Gold Tone, and Aqua Zumba for the swimming enthusiast. Mary Ellen enjoys teaching her Gold classes because the participants are so enthusiastic. The classes are geared to the mature dancer as well as those recovering from an injury or those with physical limitations. She resides in Middletown with her husband and her son. Her daughter lives in Chicago.

Miyako Zeng

Miyako started yoga 28 years ago and became yoga instructor in 2013. In her class, the participants will gain flexibility and build strength. Experience the joy and wonder of yoga with Miyako!

Nanette Tummers

Dr. Nanette Tummers has been inspired to teach, study, present, research and practice physical activity for over 40 years especially for the Active Aging community. She is passionate about the gifts of lifelong activity and has served many populations including the recovery community, at risk adolescents, Veterans and adults. Nanette has a doctorate in Kinesiology and Health Promotion and is Professor Emeritus at Eastern Connecticut State University. She is a holistic stress management instructor and an expert in health behavior change and mindfulness.

Nanine Rhineland

Nanine, who lives to dance, has been teaching line dancing since 1991. She enjoys learning new steps. Even when she makes a mistake she keeps moving to the music and it works for her and her class.

Registration Information for Virtual Fitness Classes

Registration must be received at least two business days before program.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Once on the website, click on “Virtual 50+ Programs”, located in the “Category” box on the left hand side of the webpage.

You will see the “All-Access Fitness Pass” and the “Single Fitness Class Subscription” buttons. Click on the button on the website for the program you want to buy and add the program to your shopping cart.

**All-Access
Fitness Pass**

**Single Fitness
Class Subscription**

Check: Drop-Off

(due to the USPS delivery issues only mail check if absolutely necessary)

1. Make check payable to “Frederick County Treasurer”
2. Complete the Registration Form on page 18.
3. Place the addressed envelope containing the *Check & Registration Form* in the lock box at the Senior Services Division (box is located to the left of the handicapped entrance)

Frederick County Senior Services Division
Attn: Virtual 50+Center
1440 Taney Avenue
Frederick, MD 21702

Confirmation

Once we receive your email registration, we will email you more details about the programs including how to access them.

Participant Information Form

If you have never participated in a program at the Frederick County Senior Centers or with the Virtual 50+ Center you will need to complete a Participant Information Form. You may complete the form online. This is a requirement to attend the virtual programs.

www.frederickcountymd.gov/FormCenter/Department-of-Aging-10/Participant-Information-Form-53

Fitness Waiver of Liability

By joining these Virtual 50+ Community Center fitness programs, you acknowledge that there are inherent risks and dangers associated with Frederick County Senior Services Division programs and therefore, you hold Frederick County Government harmless from all claims for injuries, damage, or loss that may result from your participation in these fitness. You agree to uphold your consent to participate as acknowledged by your signature/electronic submission of your Frederick County Senior Services Division Participant Information Form and as outlined in the [Senior Center Guidelines, Policies & Procedures](#).



Zoom

These live virtual programs/classes are taught using Zoom.

If you need information on accessing Zoom please email us:

VirtualSeniorCenter@FrederickCountyMD.gov

Please ask for assistance at least two business days prior to the program.

We will not be able to provide technical assistance during the programs.

Fees for Fitness Classes

Fees are not prorated for late starts/absences

Option 1

All-Access Fitness Pass Subscription - \$60 per pass per participant

The All-Access Fitness Pass allows you to participate in any and all virtual live fitness classes during the quarter. Each day you will receive an email with the Zoom link for the fitness classes offered that day. Simply click on the link at the start of the class/classes you want to take that day. You can ignore the Zoom link if you don't want to participate that day.

**All-Access
Fitness Pass**

Option 2

Single Fitness Class Subscription - \$30 per class per participant

The Single Class Subscription allows you to participate in just the class you register for @ \$30.00 for the quarter. For example, if you only want to take strength training on Tuesdays, you pay \$30 for the Tuesday strength training class. You will **NOT** be enrolled in the Thursday strength training class or be able to participate into any other fitness classes. On the day of the class, you will receive an email with the Zoom link for that particular class.

**Single Fitness
Class Subscription**

Scholarship Information

Scholarships are available to help pay for fitness classes.

For more information visit www.FrederickCountyMD.gov/Virtual50 or email SeniorServices@FrederickCountyMD.gov

Virtual Fitness Classes Spring Quarter (April-June 2021)

Registration Form for Drop-off or Mail-in

Name _____ Phone _____

Email Address _____

Mailing Address _____

Checks Payable to "Frederick County Treasurer"

Option 1: Fitness Pass		Option 2: Single Fitness Class		
Fitness Pass	\$60.00	Class Name		\$30.00
		Day of Week		

Spotlight: Meet Our High School Volunteers

Drawing Class

Galila, who goes by Gigi, has a passion for painting. She thoroughly enjoys the time she spends with the participants in the drawing class!! She loves to hike and listen to music in her free time.

Drawing Class & Ukulele Jam Session

Amanda is a senior in high school and is looking to pursue a degree in music education in the fall. She is president of Urbana High School's Community Outreach Club and has taught classes at the senior center for the past three years. Besides playing music and drawing, she enjoys reading spooky stories, listening to music and writing.

Meet the Virtual 50+ Center Staff

Caitlyn Kirby worked as the Senior Center Assistant at Urbana before transitioning to the Virtual Center. She enjoys spending time with her husband and dogs, crafting, and doing projects around the house.

Cathy Barnes has been the Brunswick Senior Center Supervisor for over 30 years. She is a wife, proud mother of two, and grandmother of 3 boys. Cathy has lived in Brunswick for most of her life. Her hobbies include crafts, needlework, sewing and working in her flower gardens.

Dara Markowitz has been the Frederick 50+ Community Center Supervisor since 2016. She received her BA in Psychology and Masters in Social Work from the University of Michigan. In addition to her years as a social worker, Dara has worked for the public library, and as an instructor for Frederick Community College. She loves creative programming and building community through the exchange of ideas.

Deb Ayers has been the meal manager at the Frederick Center for more than 20 years. She was born and raised in Frederick County. She has a daughter and two grandsons. Deb and her husband enjoy living in the mountains.

Linda Umbel has been the Emmitsburg Senior Center Supervisor for 30+ years. Linda is a lifelong resident of Emmitsburg. She is a mother, grandmother and great-grandmother, and has been married for 52 years. Linda enjoys collecting antiques and spending time with family and friends.

Susan Hofstra has been the Urbana Center Supervisor since it opened 14 years ago. She earned a Master's in Recreation and Leisure Studies. Susan is happy to be part of a community of older adults who enjoy staying active and broadening their horizons. She enjoys spending time with her sons and their families, as well as planting "food for the soul" (flowers).

